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Wrestling for Fitness and Fun

A Great Way to Let Off Steam!

by Maggie Smith R.N. and [Harbour City Wrestling Club](#) 

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A few months ago I saw an ad for a beginner's workshop in freestyle wrestling with the Harbour City Wrestling Club. As a kid and teenager I was always wrestling friends and used to love it. Being a woman now in my forties I don't really get much of a chance to wrestle anyone except the kids, so I thought I would go along.

The guys were fantastic ... once they realised I wasn't going to cry or break when wrestling they treated me the same as anyone else there.

I was the first woman to attend the club. The guys were fantastic. They were incredibly welcoming and once they realised I wasn't going to cry or break when wrestling they treated me the same as anyone else there.

The workshop was the hardest physical thing I have ever done. (I have exercised pretty regularly all my life so that's saying something). I hurt for a week afterwards, and in parts of my body I didn't know could hurt, but I went to training the following Friday night and am now well and truly addicted to wrestling.

The club is a very inclusive and is a safe place to exercise. Wrestling by nature is a very close contact and I have never felt uncomfortable hitting the mats and wrestling the guys.

Wrestling is a fantastic form of exercise and a fantastic way to let off a bit of steam. You will work all the muscles in your body. Because it is a new type of exercise it's quite normal to be a bit sore the first few times but this will pass. Come along and try it out on a Friday night.

Club Information

The Harbour City Wrestling Club, (also known as Sydney Silverbacks) is a gay and lesbian not-for-profit community freestyle wrestling club based in Sydney. They welcomes men, women, transgender, gay, lesbian, bisexual, straight. The club welcomes anyone willing to give wrestling a go and approach the club with the respect and acceptance club members show to everyone else.

Founded in 1993, the club has since become incorporated and now runs weekly wrestling training nights, beginner workshops and regular intra-club tournaments. It also participates in international competitions including the Gay Games, and Don Jung Tournament in San Francisco.

The club trains in Freestyle wrestling (a style that allows moves above and below the waist), and incorporates moves from Graeco-Roman wrestling (a style that allows moves above the waist only). Think style wrestling.

Wrestling is a great way to get fit while having fun. The sport incorporates full body movements to build strength, fitness, and explosive movement. Wrestling can also be seen as a non-violent self-defence type training that builds self-confidence and self-esteem.

Wrestling is a year-round sport. The club runs weekly training on Friday nights at the Boxing Works, 23 Pelican Street, Darlinghurst. All levels are catered for: from beginners to experienced wrestlers. International wrestlers are also welcome. Your first wrestling session is provided free of cost or obligation. Just come and give it a go. Spectators are also welcome at training nights. The Boxing Works, 23 Pelican Street, Darlinghurst is the old Gold's Gym site located behind the Oxford St Hungry Jack's. When you arrive, just ask for Harbour City Wrestling Club at reception. Time: 7:00pm to 8:30pm. Please arrive a little earlier to change and make your way to the mat for the 7:00pm warm-up. Locker keys can be obtained from reception. Change rooms are upstairs.

Maggie Smith R.N.

Maggie was born in Brisbane and grew up on Stradbroke Island and moved to Sydney in 1996. She has been a nurse for over twenty years and is currently working as a clinical nurse specialist in sexual health and H.I.V. services. Through this role she was introduced to the transgender community and the specific, specialised and often under-resourced area of health care and education. She is committed to improving access, knowledge and skills in health care to the transgender community especially within sexual health and is especially passionate about raising awareness within the medical and nursing field of the need for

improved health services to the transgender community. As a member of the Gender Centre's Management Committee for several years, she has assisted the Manager and staff in developing health services through her knowledge of the health care system.

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The Gender Centre is committed to developing and providing services and activities, which enhance the ability of people with gender issues to make informed choices. We offer a wide range of services to people with gender issues, their partners, family members and friends in New South Wales. We are an accommodation service and also act as an education, support, training and referral resource centre to other organisations and service providers. The Gender Centre is committed to educating the public and service providers about the needs of people with gender issues. We specifically aim to provide a high quality service, which acknowledges human rights and ensures respect and confidentiality.